



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Green, Jeffrey

Club: Tidewater Striders

Number: 219

Course: 42.25 km

Marathon

Category:

Männer M50

Total time: 4:22:56

Speed: 9.58 km/h

Running performance: 6:13 min/km

Rank in course/Total: 119 (of 164)

Rank in course/Men: 105 (of 136)

Best time in course: 2:51:03

Rank in category: 14(of 18)

Best time in the category: 3:32:54

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|-----------------|-------|-------|------|--------|--------|------|-------|-------|---------|------|--------|---------|--------|---------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Lap 1 | 3.25 | 16:03 | 4:56 | 5 | 0:59 | 57 | 3:23 | 3.25 | 16:03 | 4:56 | 5 | | 40 | |
| Lap 2 | 3.25 | 17:16 | 5:18 | 11 | 1:58 | 82 | 4:32 | 6.50 | 33:19 | 5:07 | 5 | | 111 | |
| Lap 3 | 3.25 | 17:52 | 5:29 | 12 | 2:05 | 90 | 5:05 | 9.75 | 51:11 | 5:14 | 5 | 0:05 | 111 | |
| Lap 4 | 3.25 | 18:07 | 5:34 | 12 | 2:26 | 92 | 5:11 | 13.00 | 1:09:18 | 5:19 | 5 | 0:55 | 110 | 12:53 |
| Lap 5 | 3.25 | 18:32 | 5:42 | 11 | 2:53 | 93 | 5:42 | 16.25 | 1:27:50 | 5:24 | 5 | 0:41 | 110 | 16:59 |
| Lap 6 | 3.25 | 18:59 | 5:50 | 14 | 3:07 | 102 | 5:51 | 19.50 | 1:46:49 | 5:28 | 5 | 2:26 | 110 | 20:42 |
| Lap 7 | 3.25 | 19:00 | 5:50 | 14 | 2:59 | 98 | 6:05 | 22.75 | 2:05:49 | 5:31 | 5 | 3:41 | 108 | 16:44 |
| Lap 8 | 3.25 | 20:25 | 6:16 | 15 | 4:22 | 107 | 7:13 | 26.00 | 2:26:14 | 5:37 | 5 | 5:58 | 108 | 20:08 |
| Lap 9 | 3.25 | 21:11 | 6:31 | 15 | 4:46 | 104 | 7:47 | 29.25 | 2:47:25 | 5:43 | 5 | 8:06 | 107 | 21:25 |
| Lap 10 | 3.25 | 21:48 | 6:42 | 14 | 5:29 | 103 | 8:13 | 32.50 | 3:09:13 | 5:49 | 5 | 11:53 | 106 | 58:32 |
| Lap 11 | 3.25 | 23:40 | 7:16 | 17 | 7:15 | 112 | 10:31 | 35.75 | 3:32:53 | 5:57 | 5 | 16:28 | 105 | 1:09:03 |
| Lap 12 | 3.25 | 25:00 | 7:41 | 17 | 8:13 | 122 | 11:19 | 39.00 | 3:57:53 | 6:05 | 5 | 21:06 | 105 | 1:20:22 |
| Last lap Finish | 3.25 | 25:03 | 7:42 | 18 | 9:42 | 129 | 11:31 | 42.25 | 4:22:56 | 6:13 | 15 | 1:38:38 | 111 | 2:56:43 |